

# Shoulder Health Primer (Band)

Complete 1 round of this circuit before your workout to prime your shoulders for strength training.

## Band External Rotation

- 10-20 reps each side
- Keep elbow pinned to side
- Isolate movement at shoulder



## Band Internal Rotation

- 10-20 reps each side
- Keep elbow pinned to side
- Isolate movement at shoulder



## Band Row

- 10-20 reps
- Pause 2 sec with band at chest
- Squeeze shoulder blades together



## Band Straight-Arm Pulldown

- 10-20 reps
- Pause 2 sec with band at chest
- Squeeze shoulder blades together



## Band Tiger Walk

- 20 reps each way
- Arms stay straight
- Isolate movement at shoulders



## Band Lying External Rotation

- 10-20 reps each side
- Elbow bent at 90 degrees
- Isolate movement at shoulder



## Band Lying Internal Rotation

- 10-20 reps each side
- Elbow bent at 90 degrees
- Isolate movement at shoulder



## Band Superman Pull-Apart

- 10-20 reps
- Arms stay straight
- Isolate movement at shoulders

